



Simple Mexican Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

Ingredients

- 1.5 cups carrots grated
- 0.3 cup cilantro leaves chopped
- 6 cups cabbage green very thinly sliced
- 2 tablespoons olive oil extra-virgin
- 0.3 cup rice vinegar
- 0.3 teaspoon salt

Equipment

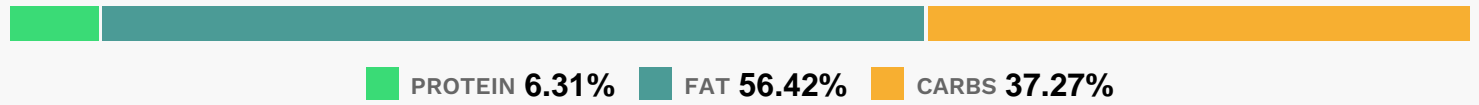
- bowl

- whisk
- colander

Directions

- Place cabbage and carrots in a colander and rinse in cold water; let drain for 5 minutes.
- Whisk rice vinegar, olive oil, and cilantro together in a large salad bowl. Stir cabbage and carrots into dressing; season with salt. Slaw can be served immediately or covered and refrigerated for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:1.53, Inflammation Score:-10, Nutrition Score:9.1069566931414%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 55.49kcal (2.77%), Fat: 3.61g (5.56%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 3.37g (1.22%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 99.22mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin A: 4105.88IU (82.12%), Vitamin K: 47.24µg (44.99%), Vitamin C: 20.81mg (25.23%), Fiber: 2g (8.01%), Folate: 27.55µg (6.89%), Manganese: 0.13mg (6.29%), Vitamin E: 0.76mg (5.05%), Vitamin B6: 0.1mg (4.96%), Potassium: 169.73mg (4.85%), Vitamin B1: 0.05mg (3.22%), Calcium: 29.92mg (2.99%), Magnesium: 9.43mg (2.36%), Phosphorus: 22.69mg (2.27%), Vitamin B2: 0.04mg (2.12%), Iron: 0.35mg (1.96%), Vitamin B3: 0.37mg (1.83%), Vitamin B5: 0.18mg (1.81%), Copper: 0.02mg (1.14%), Zinc: 0.16mg (1.04%)